

Beyond the Chatter: Discovering Your Conscious Awareness

by Russell Fox

Most of us spend our lives at the mercy of a "voice in the head" that never stops talking. This voice—our stream of thought—is constantly judging the present, worrying about the future, &/or relitigating the past.¹ We often assume we *are* these thoughts, but this identification is the root of most of our stress and exhaustion.²

In reality, "thought" is merely a secondary output of our system—it is the wisp of steam rising from a much deeper engine. To find true peace and personal integrity, we must learn to shift our attention from the *content* of our thoughts to the *field* of our awareness.³ This isn't a theory to be studied; it is an experience to be felt, right here and now.

Understanding the Layers: Thought vs. Awareness

To navigate your inner world, it helps to distinguish between the three layers of your experience:

1. **Thought:** This is the narrator in your head. Thoughts are discrete, symbolic "mental images" that create your personal story.⁴ They are almost always focused on "before" or "after," and they are often just reactive justifications for how your body already feels.⁵
2. **Consciousness:** This is the state of being "awake" to your thoughts. It is the "theater" where your perceptions happen.⁴ When you realize you are having a thought, that realization is a spark of consciousness. Answer this not-so-simple question: If you can hear your thoughts, who's doing the listening? That would be the real 'You' with a capital 'Y' – your Conscious Awareness usually off-stage waiting for your performance to finish and for you to 'get real.'
3. **Awareness (Beingness):** This is the fundamental substrate or 'stage' for our experience. If thought is the "movie" playing on a screen, awareness is the blank screen itself.⁶ It is the primordial, silent ground that persists even when the mind is still.⁷

The Somatic Portal: The "Right Thumb" Technique

While long-term meditation can lead to a default state of silence over many years, we don't have to wait a decade+ for results.⁸ Eckhart Tolle introduced a simple, always-available technique to bypass the "chatterbox mind" and drop directly into conscious awareness within minutes.⁹

The Practice:

1. **Focus on the Thumb:** Bring your full mental spotlight to your right thumb.¹⁰
2. **Sense the Aliveness:** Don't think about your thumb or look at it. Instead, feel it from the *inside out*.¹¹ Can you feel a subtle "hum" or tingling sensation? This is the sensation of life energy—the blood coursing and the skin "breathing."¹²
3. **The Diagnostic Question:** Tolle suggests asking yourself: "*With your eyes closed and without moving, how do you know your right thumb exists?*"¹³ You know it exists because you can feel its presence.
4. **Expansion:** Once you have stabilized your awareness in the thumb, retain that feeling and shift your attention to your left thumb, then your hands, and eventually your entire body.¹⁰

The moment you bring your awareness into the sensation of your "inner body," thinking stops.¹¹ You cannot fully feel the aliveness of your thumb and worry about your mortgage at the same time. You have entered the "alive silence"—the space between the words.¹⁵

What Lies Inside: The NIH, Biofield and Pain-Body

When we "go inside" this way, we often encounter a field of internal resistance. Eckhart Tolle calls this the "**Pain-Body**"—a collection of unresolved emotional energy from past hurts, shames, and trauma.¹⁶

This is not "just in your head." In 1992, the National Institutes of Health (NIH) validated the existence of the "**Biofield**"—a massless field of energy and information that surrounds and permeates the physical body, and affects the body.¹⁸ Ancient Taoist

traditions and modern day 'Tao Science' call this field the **Si Shen**, or the "Spiritual Heart."²⁰ Not centered in the physical heart, this field infuses and affects every one of our 30-40 trillion cells, acting as a repository holding the "vibrational residue" of all our personal life experiences, whether expansive and benevolent life-affirming memories or embodied contractive hurts, shames, fears and traumas—what Fritz Perles, the father of Gestalt therapy called our "Unfinished Business."²⁰

In total alignment with contemporary field physics and quantum information theory, the "Pain-Body" is essentially the accumulated dissonant and contractive vibrational frequencies lodged within your biofield, your Spiritual Heart, and affecting most everything you think, say and do, not to mention the ongoing quality of all your relationships.²² When these old hurts are triggered, the brain reacts to this field-level "threat" by generating not just a cascade of defensive neurotransmitters, but also a flood of self-serving thoughts and logic chains to 'make sense of' and justify the pain.²²

The goal of active conscious awareness is not to avoid these feelings, but to safely and fully experience and thus 'complete' them for resolution, release, and your centered & grounded re-empowerment.²² By "shining the light" of your awareness into the world of your inner body and engaging with the undealt-with baggage stored there, you allow these embodied stuck frequency-based energies to dissolve, releasing the strengthening insights waiting for you there, and freeing you from those old emotional filters that previously distorted your life and your responses to it.²³

Living in the Now

Living with active awareness means inhabiting the "gap" between what happens to you and how you react.⁸ In that gap, you find the power to choose your response, rather than being driven by old "identity-threat loops" that demand you always be successful or approved of to feel safe.⁸

When you live from the space between the notes, you are no longer entangled in past fears or future worries. You are present, clear, focused, and capable of acting with true personal integrity. You are no longer the ripples on the surface of the ocean; you have remembered that you are the ocean itself.¹⁵

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